FuZzCasT CONFIDENTIAL

Comprehension and Control

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- Read the ENTIRE document until you are satisfied enough!
- There is always a way out of the mist! Talk everything up!

SCAN ENTIRE PAGE BY FAST SCROLLING AND GET ALTERS TO PASS IT ON!

You are a spiritual being having a human experience. Heaven

comes afterwards! There is much to gain by being human too! Think outside of the boxes your consciousness has put you in.

If you deal with your problems now you will not have to face them in the future. I find this important because all the answers are already stored in the brain. This is proven through chemistry in the mental health guide. You need to comprehend that the brain can be protective against attitude causing depression. See a doctor straight away if the issue you are experiencing does not allow an easy escape. If the medicine makes you feel bad you need to report this to every professional network you can as the problem could be more serious. For example the organs may be unable to communicate and the gut may have problems. Serotonin count is literally your ability to learn and be successful so it needs to be a top priority.

Has the issue gone out of control beyond this procedure?

See dissociation and chemistry production procedure to resolve other critical problems. For example that will help people with a mental health disorder

TENSION HEADACHE OR ACKING FEELING? SEE

A DOCTOR AS SOON AS YOU CAN AND YOU

COULD USE A COLD BAG FROM THE FRIDGE

PROCEDURE CAN BE USED TO ASSIST IN STAYING SANE

[FLATNESS CAN ALSO BE A FORM OF PAIN WITH NEGATIVE SYMPTOMS OF SCHIZOPHRENIA and YOU MIGHT NEED PAIN KILLERS FROM YOUR DOCTOR IF UNABLE TO RESOLVE NEGATIVE SYMPTOMS OF SCHIZOPHRENIA]

Ask yourself this

- Are you enjoying yourself?
- Alcohol gives confidence (maybe 1 beer a day) but ask your doctor first if it is safe to consume any type of alcohol (for example it is dangerous on Abilify)
- Contact mental health services or get referred to a GP if you cannot resolve the situation. If the medications are not working it may take time for meds to fix situation but you should contact mental services so they can assess or explain how the medication is going to benefit you and why

If you've tried everything, you'll need to switch activities

- Have you taken your medication on time? Instead of not taking the medications why don't you consider taking the meds and fighting the situation instead! You might need a workers ethic to get things under control and make the brain work harder to adapt to your environment.

Notice your past breakthrough, coincidences and somehow things worked out for some strange unknown reason?

YOU HAVE SHIFTED TO A MORE POSITIVE REALITY OF THE HUMAN EXPERIENCE - UNDERSTAND PARALLEL UNIVERSES DO EXIST

Internal Behaviour for Cooperation

If the brain is refusing to cooperate, read ALL of this!

Understand what's IN your comprehension

Understand once your vessel has reached its limit

Stop doing what you're doing at do something else if it's too hard

If you just woke up give yourself some time to wake up

Affirmations

- It is with great joy that once again I am here
- My life is blissfulness and I choose to perceive joy and happiness and love and nothing more
- Raising the frequency
- I hold no sensory issues and I will uplift myself always
  I am cultivating self-esteem and it steadily grows by day.
- I can tell others what I want and say no when I need to.
- I am capable, I am aware and I am using all my gifts.
- I release my negative self-talk and practice positive thinking.
- I celebrate myself, I celebrate my life, I celebrate the world I live in.
- My birth was a blessing, my life is a blessing and I'm truly grateful to be where I am today.
- Mistakes are a part of my life and are opportunities for growth. I always move beyond them and never dwell too long.
- I invest in positive habits because I'm worth it and I know it. It's deep self-care and the more I pay in, the more it pays out.
- There are people who accept me and love me for who I am. I also accept me and love me, exactly as I am.
- I honor my own truth and follow my unique path. Loyalty to self is authenticity, and it nourishes my soul.
- I do not see the world as evil
- Today is going to be a great day. I am open minded and ready to receive all that this day has in store for me. No matter what happens today I am going to remain positive and hopeful for the future. I am going into this day with a beautiful and uplifting energy.

Mudra

- Test them all – Always check! Touch various fingers to your thumb and practice feelings and techniques
- Internal behaviour is known to limit the use of mudra

Mantras [For relief]

- Use acronyms (try anything) {Not of this}
- Mouths are designed for this
- Ong Namo Guru Dev Namo
- Om Eim Saraswati Namaha Om
- Ad Guray Namay, Jugad Guray Namay, Sad Guray Nameh, Siri Guru Devay Nameh
- Lokah Samastah Sukhino Bhavantu
- Ek Ong Kar Sat Nam Siri Wha (He) Guru
- Om Gam Ganapati Namaha
- Om Sahana Vavatu Saha Nau Bhunaktu Saha Viiryam Karavaavahai Tejasvi Nau Adhiitam Astu Maa Vidvissaavahai Om Shanti Shanti Shanti
- Om Mani Padme Hum
- Om Shanti Shanti Shanti

If you have a mental disorder, I recommend repeating the phase in the following multiple times

in the mind so it forces a better realization

I find my brain forces me to stay away from people because it prefers me to itself. This is very serious as it means it has removed me from my partner and all my friends. A split personality (DID System) with TRS sees too many advantages to itself as its own entities decide this is way easier.

Useful ideas to take controls of bad programming/negative other symptoms etc

If you cannot use psychology to see past the situation, understanding your own mind may be attacking you and this is a mental health issue. Create a positive aura using the mental health guide) *and not a psychological issue.* ***See if you can feel to force a reaction on the below statements.*** *See the mental guide provided or contact mental health services. The fastest way to get over a psychological issue is to choose not to worry about it. So see if the brain allows this first. Otherwise continue below as there might be a few things that can still help. Take your time to allow the solutions below to process so your brain grows branches to adapt! Meditate if the issue virus will not go away. Seek help from a doctor if you feel you need it. Meditation can help file sort problems too. See mental health guide if this section doesn't work. If you have a* ***DID System*** *then check to see if it can* ***cover up on psychology then get to wipe your memory with temporary amnesia.*** *and reapply it if you need it by contacting the alters or using your imagination in* ***any way possible. You could ask yourself is your mind pushing too far? Deal with medically and professionally. See the mental health guide too.***

- ***Everything in the universe is about love***
- ***Never expect coherency if they have lost their mind***
- ***Notice when to distance yourself from psychological warfare***
- ***Mind showing too many alter attacks? Decline yourself as an idol to yourself***
- ***Worrying? I proved everyone merges into a parallel universe. Why are we still here? There you go!***
- ***Stop what you are doing and do something else (or change the way you are going about it)***
- ***If the third eye sees a positive future then everything in the mind feels in unity otherwise ask yourself are you coherent? Choose to relax instead***
- ***Whatever the problem just say the specific problem is not the problem (insert which problem)***
- *It's all an act to prove yourself to aliens out of infinite parallel universes*
- The secret to happiness is to be happy about where you are in life
- Always be joyful
- Never take it personally and always select this
- Perceive everything as good regardless of the problem
- Know when to meditate
- Its under control
- Perceive only everything is perfect in the perception
- Realize when the brain bars good psychology - Take a break
- *When you demand nothing... seek nothing, expect nothing, then the*

Supreme State will come to you uninvited and unexpected.

- *Things are too hard? Report it to a doctor as you may be eligible for pension.*
- *Most people that are healthy are safely contained by their minds. Realizing this as a realization should throw off the psychological problem.*
- *There are more adventures awaiting!*
- *Choose to be friendly to everyone and yourself*
- *Choose to like everyone instead of not liking them (reprograms beliefs for inner fulfillment)*
- *Realize what you can't control can be ignored to feel better and if it's unable to, choose to be strategic and don't give up*
- *Don't care about what other people think*
- *Learn to realize when someone does a fake tale to impress their friends so you can ditch the idea of being offended (some people can't be alone)*
- *People that don't have a disability go up like a drug naturally (excitement and oxytocin trust), this means they are not stuck in the past and will even be brain drugged out of the emotional state they were in given any conflict. This proves you can move on from the issue. Otherwise it is a symptom and not the data inside. You can prove this by transforming your evolution of the issue then advise any outstanding solutions. You may even notice their state is different later on. This is from experience too.*
- *When there is hiccup up, your alters need to work as a team and put through positive beliefs in straight away in anyway positive straight away so you can change*
- *Has your mind simply performed an endless rebuttal? This is proof you are overdoing things like capacity and need to recover.*
- *If it is not exciting you STOP*
- *If you lose what makes you happy then select to celebrate the great things!*
- *Outsmart the brains psychological viruses to restore good mental health with reasoning, evidence and history*
- *Change your perception, understanding, mindset and beliefs to keeping things simple*
- *See everyone in a positive light*
- *Whatever the negative outcome choose and react with immaturity*
- *Everyone in life is not your friend or foe, they are teachers*
- *See it as a blessing*
- *Was it immature? And so it is… (treat it like that)*
- *View everything from a positive angle in every way imaginable always*
- *Whatever it is, just laugh about it*
- *Bipolar anger and nothing works? Assume a self denial and believe everything is fine*
- *The universe does not hate us*
- *You do not have to worry about it right now*
- *Tell your mind work is over*
- *Perceive everything as heaven*
- *Forgive or forget (they are different or complex)*
- *The anger doesn't control you*
- *A schizophrenic subconscious knows the mechanic and it can tell me faster*

- *Forgive the alters and symptoms*
- *Report the fear and make sure you have insurance against any outcome or have mentally too to remove harm*
- *Could the belief zone be better? Choose a better belief*
- *Prepared to take the hits and keep moving forward*
- *They are fine and so am I, lets be excited unsteady*
- *Attacks are universal and can be ignored and also forgotten for biblically speaking god knows we are children, we are only human, Choose positivity*
- *Are the authorities involved?*
- *The path is heading straight down or straight up? Choose the correct outcome*
- *Infinite philosophy on how things are perfect*
- *Assume it does fuel your ego if everything has gone of control*
- *See bigotry as funny*
- *Have a mental disorder? Consider the alter changes so does the history proving there are false memories*
- *Your mind is simply mirroring your insanity and its not true*
- *If the gut isn't sending serotonin and you are cornered (you cannot think outside the box) then you just have disability*
- *Close your eyes and trust the universe*
- *Think over and above and see the bigger picture*
- *Take the best out of the situation*
- *Bipolar anger? Shift the anger out by going in to denial*
- *Sleep and meditation sorts out fiction and fact and so it does for others too*
- *When there is a lack of empathy shown then temporarily mirror the emotion back (only in the mind feeling it if you are under constant attack)*
- *Just be grateful they put the effort in (even if bad)*
- *Just be happy and content about it regardless of what it is*
- *This moment is it! Everything is now and forever, this is it!*
- *It's new and interesting!*
- *Agree to accept the willingness of here and now*
- *Dogma? Feed in to your fun instead*
- *Life is hardcore bro, that makes it good and fun*
- *It is ok to express excitement in anyway*
- *The task is for the best*
- *Remove the mindset of judging anyone to be content*
- *There is a crowd cheering! (sometimes emulates for psychotic people)*
- *Dont Feed in to situations*
- *Think outside the box*
- *People love you in their own special way*
- *Be happy for people*

- *Remove from yourself from the problem mentally*
- *The existence is perfect*
- *The test is inferior*
- *I'm excited even when I'm not excited!*
- *I am motivated even I am not motivated (use for showers too)*
- *I am cheerful even when I am not cheerful woooo!*
- *I am having fun even when I am not having fun!*
- *I'm happy even when I am not happy!*
- *I am happy for people even when I am not!*
- *I trust everything and everyone even when I don't trust everything and everyone!*
- *Everything is prosperous even when it's not prosperous!*
- *Issues are inferior to fun*
- *Assume or believe life is prosperous to be content*
- *Addiction is inferior*
- *Ego battle is inferior*
- *The symptom is inferior*
- *The psychosis war is an astral plane cover up*
- *Switch activity (or take a break)*
- *Their beliefs are good and its ok*
- *Believing in trustful thoughts*
- *Forgive them and but also forgive yourself - From all angles for both and everything*
- *Fictional characters are more interesting*
- *Choose to like people in any given situation*
- *It's already here and we are enjoying it! (view it from every angle)*
- *Everything is easy going and there is good karma*
- *Sway arounds*
- *Everything is perfect even when it is not perfect*
- *You are fine - Never believe otherwise*
- If you are having problems and cannot realize it then understand you do not need an answer right now
- Delusions are inferior and never existed
- Heaven denied because Hell is superior! (coping tools for psychosis)
- Mind gone bonkers? Assume your brain likes you then!
- Belief zone attack is inferior
- The problem is off my mind and never was there
- Psychological error attack is inferior to fun and excitement - I AM GOD NOT YOU (boost the ego)
- Everything is interesting and exciting!
- Anger is a false construct and anger does not exist

- Let go of the idea of the problem
- Oxytocin builds and releases for everyone (Oxytocin is what makes you trust people)
- Assume a demon attacked and forgive everyone
- If you have psychosis, then you can obviously tell anything judging you IS psychosis!
- *If you have psychosis or something projecting to you assume it is a cover up over mind matter*
- *Imagination causes delusions of what some friends are - Realization issue*
- *Ego bashed? Twist your perception - Reverse this to make your ego happy*
- *If you are not in hospital and reported everything to your support networks then understand you have a medical condition and this is all in your mind.*
- *Nothing annoys me!*
- *A home always comes and it is certain*
- *Trauma is not the issue*
- *Think and feel strategically above the court with maturity*
- *Anything outside my world is not me and I forgive them*
- *They are babies crying*
- *You are not that interesting to people at all – Be realistic (if something bothers you)*
- *Let go of the idea of intrusive thoughts*
- *Bad trips are very real and can happen*
- *It's just a fun subject or who cares it is still a fun subject*
- *Bad Realization is inferior!*
- *Assume they do not feel that way and it doesn't matter because it isn't true. Get a false positive realization.*
- *Some brains look for problems that need solving and that's all it is [Think otherwise to go back to having fun]. Get this in your realization.*
- *Pretend you have no problems*
- *I am not what my monkey mind imagination shows or who cares what it shows me*
- *Corporate discussion is inferior!*
- *Lost an argument? Simply just say you are prepared today. Instead of continuing let me go back to my networks and information*
- *It plays out just fine as always – Regardless of what happens and that is ok too*
- *It is just an emotion by the mind – Do not be concerned.*
- *It is impossible for their problems to be my problems!*
- New issue created based off no issue due to mood – The issue is inferior
- *Earth is a simulation for believers in religion – Forever*
- *It is fun to say or think it that way!*
- *Ungratefulness to be forgotten*
- *I'm NOT that person, I'm a great person*
- *You are not of the activity of the alters*
- *Assume the problem is solved or will be*
- *Wrong sector*
- *The offending characters never existed [This person does not exist]*
- *Just assume overwhelming emotions will just take time to process*
- *It's not that way, it's fine!*
- *It's very interesting!*
- *Desperation is not a consequence*
- *These delusions have played out before*
- *Assume you have lost your mind*

- *Realization is not a concern*
- *Everything is good and everything is perfect! (never perceive otherwise)*
- *It is an attack from the mind and nothing more*
- *Everything is happy! No matter what, I'm happy!*
- Dwelling is inferior!
- Hard to correct your belief system? Beliefs are inferior!
- *Don't be a fool! Things are fun!*
- *People that you do not understand you need to forgive and accept their chosen path*
- *People you hear or are on your mind are simply protecting their relationships*
- *Anyone who you believe has a problem with you gets drugged by their minds through oxytocin so they are a different person the next day as the brain ditches information. Not only that you need to realize most peoples brains produce oxytocin on regulator basis proving you have lost your mind*
- *There is no perception*
- *Put all the problems back in a box and understand there are people that would prefer you succeed (god is watching)*
- *Perceive everything as exciting*
- Assume life is good enough and perceive as undercover
- *Troll information back the other way to get a sensationGive yourself a pat*
- *Calm down*
- *Understanding that people may choose to discuss you is not relevant, the reasons for this should never intimidate you, this is the circle of life*
- *You do not believe your past history!*
- *That feeling is inferior! – NEW!*
- *Understand it's fine (comprehend this and lower your expectations)*
- *Fine is ok!*
- *Error search is inferior*
- *Reality always changes it's fine*
- *Nothing convinces unless it's interesting or fun*
- *Believe in yourself and/or push it through*
- *You do get through most of your day*
- *Life is fine or complete*
- *That's all (be patient)!*
- *Take control of situation – Assume happiness in many different ways*
- Pain is a false perception – Comprehend this to get relief
- Say behave <<<
- Accept the situation
- There not there
- Check your breathing
- Don't take it personally
- *Sleep is a false construct*
- *Choose to be happy*
- *Understand some people aren't from the light because they promote separation*
- *Don't judge*
- *Tell your brain it's misinformation*
- *Don't believe in the surveys the mind perceives including guilt tripping and story reveal – Be happy to stop surveys*

- *Get the survey to answer instead*
- Auto tolerate
- *Issues act as programs – Refuse to let the programs extract data against you*
- *Say no to negative videos from the imagination*
- *Surrender the problem internally*
- *Turn the positive voices against the negative ones - Say start a WAR internally*
- *Assume beyond comprehension*
- *Auto worry other way*
- *Has the issue gone out of control? Smile for as long as possible*
- *Forget*
- *Focus out*
- *Don't be bothered by it*
- *Drop your ego – Don't let it control you*
- *Realize the truth*
- *Ignore this parallel reality*
- *Money is false construct*
- *Zap!*
- *Choose to be grateful about something (mind hack for stopping anger)*
- *Believe otherwise!*
- *A good story sounds interesting*
- *You are not being harvested "It's all in your head" – You must report to mental health services*
- *Solve all the angles if nothings work for you*
- *Is it bouncing back and forth? Decide which way the ball goes*
- *Reasons to change the subject (energies causing issues)*
- *Do not go outside to listen to voices unless you need to confirm no-one is there but be aware you might fool you too sometimes so make sure you've taken your medication*
- *Pray out and request assistance and state what you need*
- *Assume fine or that's fine!*
- *Any attempts to misalign on overall destructive path are bad programming and should be assessed professionally*
- *It's good enough*
- *Ignore bad activity*
- *Assume realms of idiots and ignore*
- *Assume love*
- *Close your eyes and turn music off to get brain reshuffle its programming*
- *Fear is a false construct*
- *You can fight the drugs out of your life by realization the extremely high success rate of outcomes from those provided services*
- *You are allowed to have fun*
- *You are not concerned*
- *Music off then straight back on to flush the voices*
- *Give yourself space*
- *You ARE enjoying yourself!*
- *Death threats can't harm you and ignore them*

- *I AM MOTIVATED and assume a workers attitude to force your brain to adapt even if you don't have a job*
- *Wait*
- *TAP COGNITION*
- *Never were sad!*
- *Never were lonely!*
- *Change the voices to females*
- *No theory!*
- *There is no regression!*
- *There is no issue!*
- *Do Focus!*
- *You are always happy!*
- *Insults back are not relevant as they undesired outcomes*
- *Lie if you're being taken advantage of in an argument to protect your sanity and prevent trauma*
- *It's ok*
- *Nothing is boring*
- *It's just medication and assume it is not harming you once you have made the necessary information and have made the right contacts with mental health services*
- *Stop trying to piece a puzzle of information unless you have all the pieces, assume it's fine*
- *Lies don't always work*
- *Contain the situation*
- *Assume forgetfulness*
- *Issues are a false construct*
- *Choose to cope*
- *Would have fun later (if not right now) and I can look forward to this*
- Wanting more material things is a delusion – Comprehend what you got so excited about what you have so far in the first place
- Don't assume negativity
- Bills are a false perception if you they go beyond your control and there is no- one is suing you
- Stop war of information
- Assume is content
- Don't be ignorant or arrogant – Don't assume negative programming from people judging you this is way if it is beyond your control
- Be appropriate
- Sadness is a false construct
- No misconduct that isn't funny
- It always works out in the end
- Convert your internal behavior into ideas
- Don't get scared of things you can't prove
- Try Shadow work – Concede immediately to having fun
- Guilty is irrelevant
- Tap out

- Make jokes and laugh about problems beyond your control
- Sleep it off more — Do something else – Breaks without screens and music can recover your ability to have fun
- Ignore negative voices
- If memory stalls – Assume it's yours to take control!
- Say and Think NO to ALL the bad internal behavior
- Knowing it's ok
- Mudras are helpful and do NOT cause issues
- Empathy is important
- Use time!
- Relaxing is not a false construct
- Understand to IGNORE things bothering you!
- Focus out of anger and frustration
- Do not concede to false constructs
- Intimidation is false construct
- Desperation is only required where relevant
- Focus through and upwards to be happier
- Anything that plays off your empathy is a false construct
- A lower chemistry brings negative or discriminatory thoughts and other bad mental health symptoms
- Ask yourself – What does the brain not forgive?
- Act out what you need too and NOT false information
- Decisions can change and that benefits you – Comprehend this somehow!
- Make sure you've taken your doctors recommended supplement for the day and this critical to survival
- Your perception of psychosis HAS to be hallucinations and understand it can only be controlled so far once you have done everything in your power to solve it
- When in a state of really bad memory you need to take a break
- Lying down will help regain energy – ACT AS IF YOU'RE GOING TO SLEEP
- When brain is clogging your thoughts change all thoughts to ideas
- Your gut communicates with the brain – Push in belly to get happy response
- Show an intellect
- Watch TV, listen to an audio book or a reading book to get problems off mind or if you need/want one

Delusions and current ways to deal with them

- Don’t take it too far
- Do not be fooled by fake operations (voices) – You have a disability and are processing too much information
- A delusion is a false belief
- Delusions play off voices
- A brain can create programs – Always believe this because this is your vessel limit and your brain is always doing something
- If it’s fun that’s ok but it can turn in to bad programming later on so you’ll need to recompile from all procedures

Psychology Brain Understanding

When the mind creates or experiences an issue you need to understand the brain is simply a psychical object and infinite in consciousness

- You can then understand it only requires troubleshooting the situation to defeat a psychological issue. Once you adhere to this then you will realize the virus can be

Defeated. Once you have outsmarted the brain virus you will forget the problem as if it never occurred. Good luck and have fun.

Paranoia

- There is an explanation for everything! So understand that!
- Let go of internal information bothering you
- Assume ok or otherwise!
- Don't forget you have a disability or mental illness and the brain is outputting too much information which can make anyone paranoid

Imagination Attacks

- The brain attacks with negative imagination video/audio situation when you fight something beyond your control or need a break

- When the imagination sends a video of

something you do not want to see then you can react to it in a positive way in anyway

imaginable the influence and even feeling changes to a more positive experience

- Food/Drink simulation
- A brain can turn against you if it's under too much bad app/programming
- Imagine saying no or blocking the audio in anyway imaginable but understand you need to stop the activity
- Use audio for positive inducing sounds
- A bad mood can cause the imagination to attack
- Imagine a reprogramming of thoughts if you have something you need to do asap.
- Already answered questions - *Focus out*
- This the way of brain telling it can't access certain information
- Imagination can be used processing understanding a lot faster sometimes
- Use feeling to see how much bandwidth there is

Psychosis/Alter insults and other mood related issues

You might be unable to process information correctly. Cause a confusion or lack of coherency. If nothing works you'll have to leave your room otherwise the attack might continue.

- Too many insults and even taking a break won't resolve it? Check chemistry generation procedure and contact mental health services or/and go to hospital and realize a lack of serotonin can turn the brain against you and attack you in ways you might be aware of
- Switch activity to meditate

- See beyond the box of presented information
- Speak internally sometimes
- Adjust sound to refocus psychosis eg turn off the music or turn it down or take a break from them music
- Switch Activity after assessing capacity
- Use imagination to play soothing sounds
- Imagine an app destroying the anger or be grateful
- Play around with mudras to increase chemistry or see dissociation guide
- Anyone who insults has a mental deficiency
- Take control of imagination by stalling it or changing the internal voices by focus/feeling it to stop it
- Say No etc inside head – Overlap voices
- Is it all about you? It's no-one else then!
- If you have a DID System you must request help and ask what went wrong
- Reading too much can invoke psychosis from a lack of chemistry if you have this condition
- Try being grateful further than what you are
- Dissociating breaks up the voices/covers up or induce amnesia to reduce the insults or put hands in front of face to flush the voices
- You can try putting sunnies on too.
- Headache can cause psychosis to retaliate.
- They also can retaliate to lack of motivation. Say I will do this.

What can you do if nothing works?

Capacity gone down?

- Switch activity – Calm DOWN the brain so it corporates
- Read entire document again or if you forgot or take a break
- Alters can switch causing issues – Stop what you are doing – Understand you might not be capable the activity you are trying to do
- Meditation spend some time with imagination
- Sleep it off
- Smile
- Pray
- Say really to voices
- Ask the alters what they want to do?

Anger

Nothing works? See below

- You might need to level yourself out and switch activity
- Imagine a shape taking in all the anger Being grateful should stall anger completely and if you are still anger it could be a symptom that requires medication so speak to your doctor
- Forced laughter (laugh straight back at negative situation to force your mood to get under control

- Get some jokes in
- Follow your excitement instead
- Assume is able to solve the issue if you have to do it and don't have a choice
- Think outside of the box of presented information
- View it as a video game and take out the anger constructively
- Get away from technology and realize this is supposed to calm you down

When nothing works or too hard and beyond your control and even you've contacted and used all support services and are in a situation beyond your control

Self-Denial/Coping Skills Procedure

Critical - Assume happiness or nothing can be done about it

- Ignore the situation
- Assume everything is fine and sorted out through time
- IGNORE EMOTIONS

FIRST DISCLAIMER: IF YOU HAVE SPENT 30 MINUTES TRYING TO FIX IT AND NOT FEELING CONTENT ENOUGH YOU WON'T BE ABLE TO CONTINUE. IF YOU HAVE/WANT TO CONTINUE FIGHTING SYMPTOMS THEN CONSIDER NOT READING THESE INSTRUCTIONS AND GO WITH THE FLOW AND MAKE SURE YOU HAVE CONTACTED MEDICAL PROFESSIONAL NETWORKS. THESE DOCUMENTS DO NOT STOP YOU FROM HAVING A MENTAL HEALTH DISORDER OR ILLNESS.

~~SECOND DISCLAIMER: Do this at your own risk, I am not responsible for your actions from~~ you following this guide. This may not work for everyone so see

your doctor and you should verify this with your doctor before proceeding so they can verify it is safe for you to do. More information can be found on google but it is always better to follow your doctor. I've already lost my mind so take this procedure as a grain of salt.